



Sindhi Youth Club of Jabalpur

webinar on "women mental health awareness"

Mental health is the key to a meaningful life, a woman is the center of the family, the whole family is dependent on her, so the need and care of her mental health is very important, and we understand this need well, Therefore, on 07/10/20 sindhi youth club of Jabalpur are organizing a webinar on "Women Mental Health awareness".

With us, Mrs. Payal Chourasia, a senior and eminent psychologist dedicated to the women health and mental hygiene, who will explain in detail the physical and mental changes and effects of a her growing age..





“WAKE-UP”

(Mental Health And Psychology Counseling Center)

Wake-up From **Body**•Wake-up From **Mind**• Wake-up From **Soul**



Speaker

Mrs. Payal Chourasia
psychologist
Dir. founder "wake
up" psychology
counselling center
jabalpur



President

Mrs. Prerna Jadwani
Sindhi Club jabalpur
Dir. of P J Fitness
Studio



Co-President

Mrs. Kajal Parwani
Sindhi Club jabalpur

Webinar On " Women Mental Health Awareness"

"WAKE UP" MENTAL HEALTH AND PSYCHOLOGY COUNSELLING CENTER JABALPUR
MOBILE NUMBER - 9425659425 "MENTAL HEALTH AWARENESS PROGRAM
ON MENTAL HEALTH DAY

Date 07 October 2020 (Tuesday) Time 4 pm

Register yourself with following google form

<https://forms.gle/T7GKc1ziFoF2jDhKA>

Venue via
WEBINAR (link will be intimated later)